

Abstract

The present invention is related to a recording method, a recording apparatus, and a storage medium which determine an optimum recording power value by performing test writing on a test zone of a recording medium and record information on the recording medium with the determined optimum recording power, wherein the recording medium is a multilayer recording medium having multiple recording layers within one recording surface; the test zone is formed on each recording layer; and when information is to be recorded on a target recording layer that is second or further from a light source, information is recorded on a portion, which is positioned in the same recording surface area as that of the test zone, of an upper recording layer that is closer to the light source than the target recording layer before the test writing is performed on the test zone in the target recording layer.